

Dynamic Movement control

STANDING POSITION TO BACKWARD ROLL

- Stand with feet hip width apart, arms raised out in front, shoulder height.
- Collapse down to the ground at the ankles, knees and hips.
- Land bottom as close to heels as possible and curve the spine to roll.
- Roll back as far as the shoulder blades, allowing arms to move above the head (they may or may not touch the ground).
- Keep legs tucked up.
- Rolling forward, place feet on the ground as close to the bottom as possible and reach forwards with the arms to a squatting position.
- Accelerate up to a jump and land in the starting position.

Benefits

- Mobilizes spine.
- Relieves back tightness.
- Calms the mind.
- Coordinates whole body.
- Weight bearing through a variety of bones.

Beginners Advice

- Start with 5 rolls on the back.
- From a squat roll backwards and attempt to come back to a squat.
- Stand and move through roll to stand.

Challenge

- Make movement a continuous movement repeating 5 times.
- No sound on landings.

Adjustments / What to look for

- Rolling too high onto neck.
- Crossing legs to get up.
- Use a partner to aid coming back into squat from roll.

